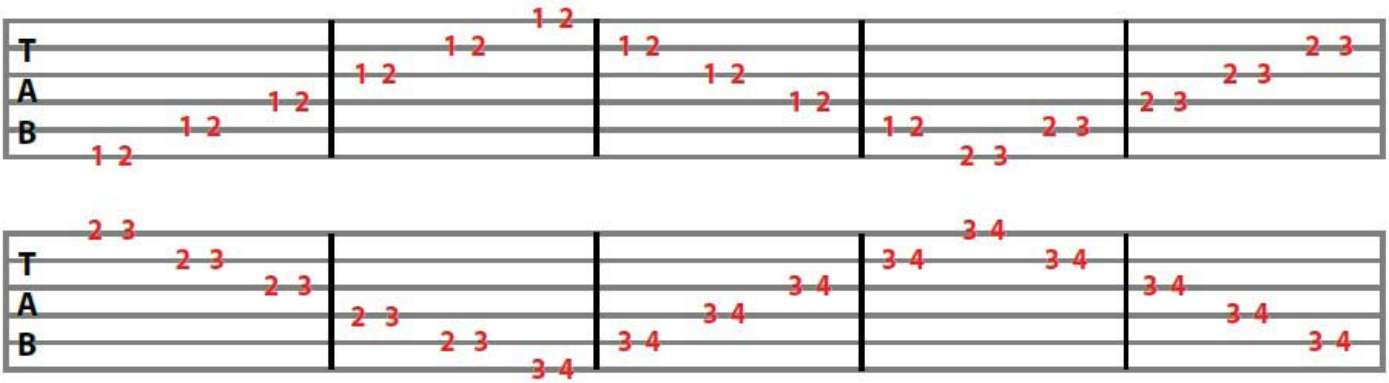
Dexterity Exercises

Exercise 1

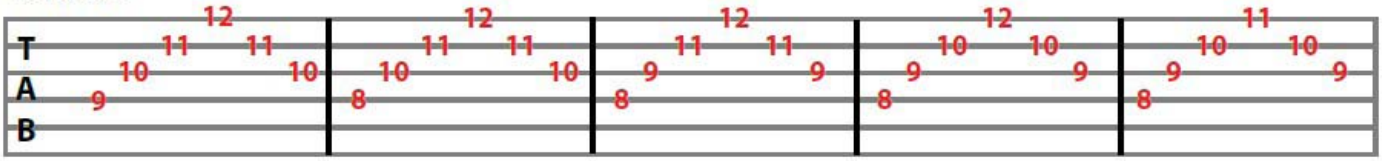
Hear Exercise 1

Exercise 2



Hear Exercise 2

Exercise 3



Hear Exercise 3

1. Play directly on your fingertips - make sure nails on "fret" hand are always trimmed.
2. Play right behind the fret (this is for leverage). Remember the see-saw example.
3. Play with ALL your fingers (each finger plays a specific fret)
4. It is best to leave some space between the palm of your hand and the guitar neck. This will give you much needed leverage to play on your fingertips. Curling the last knuckle on your fingers is also helpful.

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